Organic cereal bar raspberry, 30g Ingredients: maltose*, cornflakes* (oat*, wheat*), raspberries* 6.7%, grapes*, wheat *, apples*, vegetable fat*, roasted hazel- nuts*, soy lecithin*, "certified organic May contain traces of other nuts and grain. Keep cool and dry. Best before: 05.2018 Nutritional values per 100g: energy 1570 kJ / 375 kcal, fat 8.2, aof which saturated 2.6, carbohydrate 66.3g, of which sugar 30g,	

protein 5.48g, salt 0.022g, fibre 6.2g